

**Session Retreat
January 20-21, 2023**

Friday, January 20

- 3:00 Check-in at Marriott Westlake
- 4:00 Arrive at Circle T Ranch
- 4:30 Worship
- 5:00 **Culture of Emotional Health Part 1**
- Why does this matter, and how it connects to our mission
 - Videoconference with Rhett Smith and Q&A
- 6:15 Break
- 6:30 Dinner
- Where are you spiritual, emotionally, as you enter this retreat? Are you carrying any burdens?
 - What are you looking forward to in your personal and spiritual life this year?
- 8:00 Wrap Up

Saturday, January 21

Breakfast at hotel

- 8:30 Prayer & worship
- Be prepared to take risks and modeling vulnerable prayer; sharing burdens; praying for one another
- 9:15 **Culture of Emotional Health Part 2: Discussion and Gauging our Emotional Health**
- 10:30 **Culture of Emotional Health Part 3: What's Next?**
- 11:15 Break

- 11:30 Lunch
- Motion to approve Emily Scates for ordination
- 12:15 Prayer walk
- 12:30 Communion and Worship
- 1:00 Clean-up and adjourn

Pre-reading assignments

- **Emotionally Healthy Discipleship**
 - Introduction, Chapters 1, 3, 6 & 7
 - Purchase on [Amazon](#) or at Logos Bookstore
- **Restoring Relationships: How Churches Can Help People Heal & Develop Healthy Connections**
 - pp 5-11; 36-45; 47-51; 60-63
 - attached as PDF
- Read **Philippians**, and underline/note/highlight where Paul seems to speak into such emotions as distress, joy, anxiety, fear